

'WHACKS'

And What They Mean.

When Old Mother Nature gives you a "whack" remember "there's a reason," so try and say "thank you," then set about finding what you have done to demand the rebuke, and try and get back into line, for that's the happy place after all.

Curious how many highly organized people fail to appreciate and heed the first little, gentle "whacks" of the good old Dame, but go right along with the habit whatever it may be, that causes her disapproval. Whiskey, Tobacco, Coffee, Tea or other unnatural treatment of the body, until serious illness sets in or some chronic disease.

Some people seem to get on very well with those things for a while, and Mother Nature apparently cares but little what they do.

Perhaps she has no particular plans for them and thinks it little use to waste time in their training.

There are people, however, who seem to be selected by Nature to "do things." The old Mother expects them to carry out some department of her great work. A portion of these selected ones off and again seek to stimulate and then deaden the tool (the body) by some one or more of the drugs—Whiskey, Tobacco, Coffee, Tea, Morphine, etc.

You know all of these throw down the same class of alkaloids in Chemical analysis. They stimulate and then depress. They take from man or woman the power to do his or her best work.

After these people have drugged for a time, they get a hint, or mild "whack" to remind them that they have work to do, a mission to perform, and should be about the business, but are loafing along the wayside and become unfitted for the fame and fortune that waits for them if they but stick to the course and keep the body clear of obstructions so it can carry out the behests of the mind.

Sickness is a call to "come up higher." These hints come in various forms. It may be stomach trouble or bowels, heart, eyes, kidneys or general nervous prostration. You may depend upon it when a "whack" comes it's a warning to quit some abuse and do the right and fair thing with the body. Perhaps it is coffee drinking that offends. That is one of the greatest causes of human disorder among Americans.

Now, then, if Mother Nature is gentle with you and only gives light, little "whacks" at first to attract attention, don't abuse her consideration, or she will soon hit you harder, sure.

And you may be sure she will hit you very, very hard if you insist on following the way you have been going.

It seems hard work to give up a habit, and we try all sorts of plans to charge our ill feelings to some other cause than the real one.

Coffee drinkers when ill will attribute the trouble to bad food, malaria, overwork and what not, but they keep on being sick and gradually getting worse until they are finally forced to quit entirely, even the "only one cup a day." Then they begin to get better, and unless they have gone long enough to set up some fixed organic disease, they generally get entirely well.

It is easy to quit coffee at once and for all, by having well made Postum, with its rich, deep seal brown color which comes to the beautiful golden brown when good cream is added, and the crisp snap of good, mild Java is there if the Postum has been boiled long enough to bring it out.

It pays to be well and happy for good old Mother Nature then sends us her blessings of many and various kinds and helps us to gain fame and fortune.

Strip off the handicaps, leave out the deadening habits, heed Mother Nature's hints, quit being a loser and become a winner. She will help you sure if you cut out the things that keep you back.

"There's a reason" and a profound one.

Look in each package for a copy of the famous little book, "The Road to Wellville."

Real religion never has to advertise for a chance to do good.

Write MURINE EYE REMEDY Co., Chicago. If your eyes are sore or inflamed, and get ocular's advice and free sample MURINE. It cures all eye-ills.

Who are a little wise the best fools be.—John Donne.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Censure is the tax a man pays to the public for being eminent.—Jonathan Swift.

Lest you forget, again we say, Cheatham's Laxative Tablets are guaranteed to cure colds.

It is a maxim with me that no man was ever written out of reputation but by himself.—Richard Bentley.

What a girl loves about a foot ball game is that, not knowing anything about it, she can pretend to enjoy it wildly.

It's Strenuous.

There is no true superiority except that created by true merit. The reason Hunt's Lightning Oil outclasses all other liniments—it has the merit—it does something. See what it will do for cuts, burns, bruises, sprains, sore and stiff muscles and joints. Your surprise will only be exceeded by your gratification.

The average girl would rather have her feet frozen off than wear comfortable woolen stockings.

Try me just once and I am sure to come again. Deffance Starch. It is very easy to get mad with somebody doing what it would be very unreasonable for anybody to get mad over if you did it.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Charles H. Fletcher*
In Use For Over 30 Years.
The Kind You Have Always Bought.

A dashing young soldier named Itsky By a Japanese bullet was hitsky; He said: "I'll not fight I don't think it's right, And instead I will git up and gitsky." —New Orleans Times-Democrat.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restor. Send for FREE 64 p. trial bottle and treatise. DR. R. H. KLINE, M.D., 23 Arch Street, Philadelphia, Pa.

Rectify evil whilst small, and check wrongs lest they grow and overwhelm thee.—Confucius.

Thirty-five per cent of those employed in the textile industry in the state of Alabama are reported to be under the age of sixteen years.

"Dr. David Kennedy's Favorite Remedy. Rondout, N. Y., cured my serious kidney trouble. I gained 25 pounds." B. Wardell, Burnsville, N. J. Bottle \$2.00

Dentist (who has pulled the wrong tooth)—I see how I made the mistake. I counted the molars from the back instead of the front. You seem not to have cut your wisdom tooth yet, young man.

Groaning Patient—That's evident from the choice I made of a dentist. —Chicago Tribune.

When Your Grocer Says

he does not have Deffance Starch, you may be sure he is afraid to keep it until his stock of 12 oz. packages are sold. Deffance Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands.

A bulletin issued by the department of labor at Washington says there are nearly 2,000,000 members of labor unions in Great Britain. Their yearly income is nearly \$10,000,000, and they have in their treasuries the large sum of \$18,330,000.

THE CHEROKEE COUNCIL

Body Now in Session at Tahlequah, the Old Capital

The Cherokee national council convened for business in the old capitol building at Tahlequah, Monday, November 10th. The council is composed of eighteen senators—two for each district—and forty councilmen, chosen according to population, of the nine districts which compose the Cherokee nation. While the jurisdic-



W. C. ROGERS
Principal Chief of the Cherokees

tion of the present council is comparatively limited, there are some very important matters for consideration which affects the future of the Cherokee people. The council will be in session five weeks, and maybe longer, according to necessity. The present council is mostly of what is known as progressive men, and a good deal is expected of it.

He that hath wife and children hath given hostages to fortune, for they are impediments to great enterprises, either of virtue or mischief.—Francis Bacon.

A HOME FOR AGED TEACHERS

Senator Proctor Offers \$20,000 for the Establishment of Such an Institution. Senator Redfield Proctor has announced that he will give \$10,000 and the house in Rutland, Vermont, in which he was born, valued at \$10,000, for the establishment of a home for indigent and worthy public school teachers who have passed the age of usefulness. It is probable that this sum will be combined with a fund of \$30,000 left by Lucy Ruggles of Bennington, in the care of Charles H. Darling, assistant secretary of the navy, for the same purpose, and that an additional amount will be appropriated by the state.

Brother Dickey says: "Dar's sich a thing ez havin' too much heaven in dis worl,' so that w'en we strikes de rean' article we'll feel lake tellin' de angels, 'Go long, chillun, we been dar befo'!"—Atlanta Constitution.

"Mamma," queried the small son of a labor agitator, "is it the thunder that strikes, or the lightning?"

"The lightning, dear," was the reply. "Oh," exclaimed the small philosopher, "then I suppose the thunder doesn't belong to the union?"

Bill Collector—The boss wants to know when you're going to settle this account."

Mr. Slingun de Munaway—Please tell your boss his curiosity in that direction is no greater than mine. Kindly refrain from slamming the door as you go out. It jars on my nerves."

You do not sweeten your mouth by saying honey. You do not grow virtuous by talking of virtue.—Ivan Panin.

THE PILLS THAT CURE RHEUMATISM

Mrs. Henry Story, of No. 532 Muskingum Ave., Zanesville, Ohio, says: "My husband suffered from rheumatism so that he could hardly stand. His back hurt and he had such pain in his left arm that he could not rest night or day. The doctor did him no good and it was not until he tried Dr. Williams' Pink Pills that he was helped. Six boxes cured him completely and he has not had an ache or a pain since. We think the pills are the best medicine in the world."

Dr. Williams' Pink Pills for Pale People

cure rheumatism because they make new blood. It would be folly not to try a remedy with such a convincing record of cures.

SOLD BY ALL DRUGGISTS.

MEXICAN Mustang Liniment

cures Cuts, Burns, Bruises.

GEMS OF ART.



A book containing 24 of the most perfect and fascinating pictures of the Female Form ever shown in one publication. (Worth \$1.00 and you will say so when you receive it.) Size of book 6 1/2 inches, all full page pictures.

In order to introduce this book quickly we are offering the first edition at 25c each prepaid to your address. (Send stamps.)

Write to-day, giving name and address plainly.

THE WHITE CITY ART COMPANY, 338 Dearborn Street, Chicago, Ill.

"Dad," said little Reginald, "what is a bucket shop?"

"A bucket shop, my son," said the father, feelingly, "a bucket shop is a modern coöperation establishment to which a man takes a barrel and brings back the bunghole."—Ex.

To the housewife who has not yet become acquainted with the new things of everyday use in the market and who is reasonably satisfied with the old, we would suggest that a trial of Deffance Cold Water Starch be made at once. Not alone because it is guaranteed by the manufacturers to be superior to any other brand, but because each 10c package contains 16 ozs., while all the other kinds contain but 12 ozs. It is safe to say that the lady who once uses Deffance Starch will use no other. Quality and quantity must win.

It is stated that a college for old men is to be started in Tennessee, with the avowed purpose of settling the question whether, if old people are in their second childhood they shouldn't go to school. No one under sixty years of age can enter the new institution.